

## WOMAN'S HERALD

Devoted to the Household, the Fashions and the Activities of Women.

MARY MARSHALL, Editor.  
DAILY DEPARTMENT OF THE  
WASHINGTON HERALD.

Correspondence is invited. Address all communications to the Woman's Editor of The Washington Herald.

TUESDAY, MARCH 30, 1915.

## YOUR FIRST NAME

ITS ORIGIN AND THE FAMOUS FOLK WHO HAVE BORNE IT.

## HENRY HENRIETTA

Henry means ruler of the home. The first Henry was the guardian to the entrance of Valhalla. A brother and sister have made the two forms of the name famous in this country for all time. Noted men all walk of life who have borne the name.

By FRANCES MARSHALL.

The guardian to the entrance to Valhalla—the Teutonic heaven—was named Heimdal. He lived at the end of the rainbow, the bridge over which the faithful warriors passed to their well-earned rest, to protect them from the wicked giants. He was a wonderful man, with eyes so strong that he could see for miles, even through trees and rocks, and with ears so keen that he could hear the growing of each blade of grass in the ground and of each strand of wool in the little lamb's back. When he wasn't fighting with the giants, he held nothing to do but lie in the sunshine and eat honey.

His name, Heimdal, came from him, or home, and dalle, power, or ruler, of the home. It is characteristic of early German that the watchman over the entrance to their heaven should have been named the ruler of the home, for among them love of freedom, love of war and love of home were the three great virtues.

Henry, then, is the lord, or protector, of the home, for Henry comes from Heimdal. The name was first Heinrich, and then Henry, with the Latin from Heinrich, and it became Heinrich in modern German, Hendrik in Dutch, Enrique in Spanish, Enrico in Italian, Henrique in Portuguese, Henri in French, and Henry and Harry in English.

It is rather out of date to call a king the father of his people, but originally kings were supposed to hold their people under a paternalistic rule, as a father held toward his family. The first royal namesake of good old Heimdal, who also was the first noted monarch of the name among mortals, lived up to this ideal of kingship and thereby fulfilled all the requirements put on him by his name of Ruler of the Home.

He was Heinrich der Vogler, or Henry the Fowler, and is not only a pattern for kings, but a pattern for everyone who bears his name. He was born in 912, and was the first Saxon king of Germany, and emperor of the Holy Roman empire. He ruled his people wisely and well, and protected them from danger and oppression.

His grandson and namesake, who was also king and emperor, did even more than the Fowler to preserve the best part of the traditions and resources of his countrymen. He was a zealous worker for the church, and was looked upon as such a good man that he was canonized in 1122, about a hundred years after his death. The addition of a saint to his people wisely and well, and protected them from danger and oppression.

Six kings of the name followed the Fowler and his grandson in Germany; eight of the name have ruled in England, four in France and several in other parts of the world. Some of them do not bear the name here, and some of them did not, but in this they were not unlike everyone else in the world. Three of the King Henrys in England were the first members of their respective families to sit upon the throne.

## TODAY'S FASHION NOTE.

Don't let's join the ranks of the "Polymuriel".

## HOROSCOPE.

"The stars incline, but do not compel."

Tuesday, March 30, 1915.  
This is rather a fortunate day. In the forenoon Neptune rules with benefic power and in the evening the aspect of the Sun is good.

Shopping will be under a more favorable sign today, but there is persistent indication that the United States will have trouble on the high seas.

Neptune, when friendly, is believed to incline to success through dealings in "chance" footings. New markets for our country goods will develop this year. There is an especially good omen for Southern manufacturers and merchants.

Interest in poetry and music should increase in this country as the government of the stars indicates an extraordinary public awakening to intellectual ideas.

This stimulating away will aid investigators of psychic phenomena. Remarkable progress will be made in the line of scientific discovery. Severe weather will continue to the vast armies of released spirits, as the result of the war, the occult and physical world will be brought into closer relation than has heretofore been.

Owing to the often mentioned scourge of Saturn, the United States and places under Gemini may continue to suffer during the month of April when violent storms are probable.

Portugal is still under a reign which is exceedingly threatening. Unexpected complications may bring disaster.

Persons whose birthday it is have the omen of a troubled year. They should pay special attention to their health.

Children born on this day should be quick, clever and well poised. They are likely to be ideal employees and should succeed where working for some one else. Their magnetic center is the Sun in Aries, and their principal ruling planet in Mars.

Will Discuss European War.  
The moral aspects of the European war will be the subject of an address to be delivered by the President R. Vrooman, brother of the Assistant Secretary of Agriculture, at the March dinner of the Beta Theta Pi Fraternity at the University Club tomorrow evening.

Charles F. Nease, commissioner of insurance of the District, also will speak.

Sees Danger in Trailers.  
The Washington Safety-first Association yesterday filed with the Public Utilities Commission a protest against the use of trailer cars on street railway lines without an extra conductor for each trailer. The association said: "If these trailers are run, with or without conductors, there will be an increase in loss of life and injury to persons."

Pictorial Review Patterns  
On Sale at  
S. KANN, SONS & CO.

A very tric tailored costume for the perfect days of spring, suitable to develop the figure, is shown in the illustration. As illustrated here, however, it is carried out in men's wear style. The same material, while the long narrow coat hangs in points at the waistline, indicated by a narrow belt. The revers and collar are of a high waistline, indicated by a narrow belt. The revers and collar are of a high waistline, indicated by a narrow belt. The revers and collar are of a high waistline, indicated by a narrow belt.

Pictorial Review Pattern No. 6102. Skirt, 32 to 42-inch bust. Price, 15c. Waist, 22 to 32-inch. Price, 15c.

## MRS. McKNIGHT AND HER \$5,000 QUADRUPLETS



Sacramento, Cal., March 29.—These quadruplets, born to Mrs. C. O. McKnight, make thirteen children in all in her family. She is a grandmother although only 37 years old. The California legislature has voted Mrs. McKnight an appropriation of \$5,000 in appreciation of her addition to the ranks of native sons and daughters. She lives in Belle Vista, near here.

## HOUSE-WIVES DAILY ECONOMY CALENDAR

HOME CARE OF THE EYES.

One of the most important of first-aid-to-the-injured lessons which every woman should know is that which has to do with the care of the eyes.

Everybody realizes the importance of the eyes, and everybody knows, to some extent, how to take care of them. But perhaps these suggestions will classify and strengthen this bit of knowledge that we all have.

To begin with, learn to remove cinders and other troublesome bits of foreign substance from the eyes. At a drug store you can buy a little eyestone, which is put into the eye and rolls about the ball until it picks up the offending particle. Or you can use a flannel for the same purpose. Then you can learn to turn the eyes back over a head lamp.

For fear with simple frocks the jabot is made of handkerchief lined with a neat edge, or one that is simply hemmed.

This conveys to the woman with clever fingers an idea for the manipulation of the fine handkerchief, so that it will do service for the new neckwear.

The chief at a Shantung says that the secret of making good French dress is to mix the oil and the salt thoroughly before adding the vinegar and pepper. If the oil has thoroughly absorbed the salt the mixture remains in solution. Otherwise the oil rises to the bottom no matter how thoroughly beaten.

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## THE BERMUDA GIRL



Baby Neck Takes Place of Open V.

The girl who likes tucks and folds, flounces and furbelows is taking delight in wearing a frock such as is indicated in the sketch. It is fresh from the atelier of one of the foremost dressmakers of Paris, and, as was recently by a New York society girl at the Princess Hotel, Hamilton, Bermuda, it elicited much favorable comment.

The skirt is of black chiffon, of exaggerated width and encircled with five big tucks, extending from the hip line to within an inch or two of the hem. Through the semi-diaphanous fabric may be distinguished the soft, glistening shot-black satin.

A new departure is made in the bodice of the color of the skirt, but of contrary material. The latter is of black silk grenadine, slightly draped across the pointed front and embroidered on either side of the bust in a trailing motif wrought in silver threads, intermingled with a tulle pink silk.

No declinations have been received thus far. The welcome probably will be extended at the big reception to be held Tuesday, September 14, in the old census building.

Seems generally preferred to the upstanding part.

## It's a Wise Woman That Can Lace Her Own Stays

But Miss Chapman, Corset Expert, Gives Some Good Advice—It's Because of Bad Corsets that Women, Not Men, Do the Fainting.

Most women don't know how to lace their stays in the right way. And it is because of that that a representative of the Women's Herald ventured to ask Miss L. M. Chapman, one of Washington's corset authorities, for light on this all-important subject.

"Nothing can be done for your figure," said Miss Chapman, "while you think it too much trouble to adjust your corset each time it is donned. Make a practice of loosening the laces every time you remove the corset, even though it is in the morning and you are in a rush. There are various ways of lacing a corset, but I prefer the way taught me years ago by a famous corseteer. The wrong adjustment of the right corset may be followed by injurious effects, both in regard to health and symmetry of the figure.

"Before putting the corset on see that the laces are opened wide, not less than six or eight inches apart, with two convenient long loops at the waist line for adjustment purposes. Ten-yard laces are best used. Stand erect before a mirror, so that you can see what you are doing, and so as to adjust the corset without having to run down, hence toward the shoulders, draw in the abdomen, and support the weight of the body on the front part of the soles of the feet. Now put the corset around the body and fasten the front laces, beginning at the bottom one. Bend down and fasten the supporters.

"Having once more assumed the erect attitude pull the corset as low down on the body as it will comfortably settle. Now take two or three deep breaths to get above the corset as much as possible. The corset should be constructed so as to exert pressure only on the lower part of the abdomen. It should be an upward support, not a downward pressure. Now taking care not to twist the corset give a pull on the loops at the waistline to 'anchor' the corset. Wait at the bottom of the corset and pull up the laces to the waist. The corset should be quite loose above the waistline so as not to exert any pressure on the lower chest and upper part of the abdomen, as any pressure in that region tends to interfere with the freedom of respiration and also to produce injurious compression.

"It is a mistake for the thin woman to think that she need not think about her corsets. To be true they do not wear out so soon, but there are other things to be considered. The figure of the thin woman is no more likely to be perfect than is that of the stout woman. The proper abdominal support is the best remedy for round shoulders, hollow chest and all the defects in a thin woman. But there are not very many thin women who appreciate this fact."

"The laces once in the back, bring them to the front, and up toward the bust in front. Tie in a bow, twist it, hold it firm and tuck inside the top of the corset below the first hook.

"One thing that women inclined to be corpulent ought to know and that is that it pays to stretch a point and pay a little more for corsets. They not only make a better figure, but wear twice as well. If possible, have two pairs of corsets on hand, at the same time wearing them alternately. You will have better satisfaction than if you buy the second corset after the first one has gone to pieces.

"American women are sometimes surprisingly careless about their corsets," Miss Chapman said. "No French woman ever thinks of purchasing a corset over the counter as it is. She tries her corset on and she is never satisfied until she secures a stay that is not only comfortable both for sitting and standing, but one that gives her graceful lines while it gives her the freedom to breathe easily and to walk with grace. A woman should always be able to take a deep breath with impunity. You would be surprised at the number of women who actually do not know how to breathe deeply. Through the constant use of faulty corsets their lungs have contracted till deep breathing becomes a lost art. One reason why women faint more easily than men is because of the restriction of the corset on their lungs. And nowadays that scientific corset making has come into existence women do not faint so easily.

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